A Service-Learning Curriculum Unit © 2026 Embarc This work is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License (CC BY-NC-SA 4.0). To view a copy of this license, visit: https://creativecommons.org/licenses/by-nc-sa/4.0/

Silent Affirmations

Facilitator note: If you have a large group this could be broken up a bit if there are multiple facilitators. This activity requires light shoulder touch. You could also ask the group for modifications if you would like to avoid this and/or also how they might ensure students are doing this appropriately.

Goal: Participants give and receive anonymous praise

- Stand (or sit) in a circle and face away from the center
- Close eyes and let everyone know this activity will take place silently
- The facilitator will be in the center of the circle and tap a few participants to open their eyes and join them in the center
- The facilitator will read one of the silent affirmations below and the participants in the center will lightly and silently tap folks on the shoulder whom the statement applies to ● Participants will then return to their place in the circle and close their eyes
- The facilitator should select several new members and repeat steps three through five.

Facilitator Note: Pay close attention to who is receiving taps to try to ensure all participants in the circle are acknowledged at some point. This activity typically continues until all participants have been given a chance to be in the center, and until all statements are read.

Silent Affirmation Statements.

Tap the people on the shoulder who...

- You want to thank, but have not.
- You have especially enjoyed getting to know this year.
- Have helped you out when you were stressed out.
- Have influenced you to work on bettering yourself.
- You hope you don't lose touch with in the future.
- You admire.
- Have surprised you this year.
- You hope to get to know better.
- You feel are quiet leaders.
- You think are good listeners.
- You think are good about looking out for the underdog.
- You would go to when you need a boost.
- You would go to when you need a shoulder to cry on.
- You would go on a road trip with.
- You'd like to see speak out more.
- You think are future leaders.
- You think are creative.
- Makes you laugh or lifts your spirits.
- Have more to offer.

- You feel a connection with.
- You'd like to spend more time with.
- Have been there for you.
- Are mentors to you but may not know it.
- who's opinion you value highly.
- You would seek out for advice.
- You would want on your plane if it was going down.
- Who's humor you appreciate.
- You think always have a good attitude.
- Are good listeners.
- Could relax and have fun more often.
- You enjoy doing work with.
- You feel somewhat distant from.
- You would feel comfortable sharing a secret with.
- Have helped you when you really needed it. ●

Have inner strength.

- Are always in a great mood.
- Interests you.
- Have a positive effect on you.
- Put in a lot of effort.
- You think could open up more.
- Work well with different individuals.
- Have done something to make you smile.
- You feel could be more assertive.
- Are always funny and makes you laugh. ●

You have shared a good experience with. ●

You would feel safe crying with.

- Are well-rounded individuals.
- You feel are very important to you.
- Are very motivated.
- You would like to share more with.
- You would like to be more like.
- Are great friends.
- Could interact more.
- Make you feel good about yourself.
- Show enthusiasm.
- Have supported you.
- Inspire you.
- Challenge you.

© Embarc · Licensed under CC BY-NC-SA 4.0 · creativecommons.org/licenses/by-nc-sa/4.0